

Slow-Cooker Salsa Chicken

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 cup salsa
- 1 package reduced sodium taco seasoning
- 1 can reduced fat cream of mushroom soup (condensed)
- 1/2 cup reduced fat sour cream



Directions:

Add chicken to slow cooker. Sprinkle taco seasoning over chicken. Pour salsa and soup over chicken. Cook on low for 6 to 8 hours. Remove from heat and stir in sour cream. Serve with rice.

Number of Servings: 6

NUTRITION ANALYSIS:

Calories 157.2

Total Fat 3.3 g

Cholesterol 63.4 mg

Sodium 654.2 mg *

Total Carbs 6.7 g

Dietary Fiber 0.9 g

Protein 24.3 g

NOTES: *You may use half the packet of taco seasoning to reduce sodium content. You can also look for a reduced-sodium soup to use in this recipe. Since some slow cookers cook faster than others, you may have to adjust your cooking time accordingly.

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=141491>